

ARIZONA TOGETHER[®]

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A Gift of Hope *for women and children*

By Kristen Polin, MAEd

It was just four years ago when Community Bridges presented the program design for the Center for Hope in *Arizona Together*. During that time we have witnessed tremendous growth unfold for the amazing women and children we serve. Success is a reality we can truly define for our program participants and our staff.

The Center for Hope is a unique Arizona based National Best Practice program that provides state-of-the-art gender-specific, integrated treatment, and culturally appropriate residential treatment services for 24 pregnant, postpartum and parenting women with co-occurring disorders and 32 of their children. The Center for Hope is focused on sustained recovery, helping our residents achieve healthy prenatal and post delivery care characterized by: abstinence from drugs of abuse; family stability; mental and physical health of both mother and newborn; positive child development, improved learning and living skills and a healthy future for mother and child solidly based in healthy behaviors.

According to Kimberly Craig, Vice President of Women and Children's Programs at the Center for Hope, "Since opening our doors in 2005: 142 women have entered our program; 60 women have received shorter term assistance and referral; 74 women have graduated from our long term residential program; and 100% were either employed or enrolled in school with a clear vocation plan by the time they completed treatment. 100% of those 74 women have also received ongoing services in our Continuing Care program."

In addition, seventy-four healthy, happy babies have been born to healthy, happy residents of the Center for Hope. All of these infants had negative toxicology screens at birth and were without birth defects. Our current 24 residents are following their big sisters successes.

A Philosophy for Women

The Center for Hope's treatment philosophy is that women experience better outcomes when treated at a gender-specific, holistic treatment program that meets not only the their substance abuse and mental health treatment needs, but also provides a host of services that lead to fuller community involvement and integration.

Kimberly's team has taken great care in creating a safe and secure environment for the women and children we serve. Two active years of planning and program development and thousands of volunteer hours of over 25 professionals helped create the design we believe is the most ground-breaking, state of the art program available to pregnant women. Each decision about the types of services that are available to the women and their family has been well thought out and carefully crafted. Great care was also taken in the selection of the counseling staff and many support staff available 24 hours a day, 7 days a week.

Specialized Services

The on and off site "wraparound service delivery" concept focuses on gender specific women's issues and needs, including health and wellness, risk reduction for HIV/AIDS, relationships, family and parenting skills, assertiveness, anger management, building resiliency, stress reduction, meditation, motivation for change, relapse prevention, recreation and fitness, and co-occurring disorders, such

as clinical depression, Bipolar Disorder, post-traumatic stress disorder (PTSD), Postpartum Depression, anxiety disorders, eating disorders, and physical, sexual, and emotional abuse.

Core Elements of Treatment

There are seven core elements to treatment in the Center for Hope's program:

- Stabilization
- Health and Wellness
- Addiction (stabilization and early recovery)
- Relationships (building healthy relationships and sober support)
- Empowerment (building self-worth and self-efficacy)
- Employment and Re-entry (creating economic stability)
- Continuing Care (beginning, maintaining and enhancing recovery and strengthening support as a parent)

The Center for Hope Experience

Former residents say, "Center for Hope has offered me a chance at a new life. When I entered the program I was an empty soul, with no self-esteem or self worth. Center for Hope showed me how to love my self so that I could love my children. Today I can say I believe in my self and find that I do deserve a good life free of drugs and alcohol. They helped me clear up the wreckage of my past and become an active member of society. Center for Hope is a huge part of my life even today, two years after leaving the program. They are always there for me when I need them to be."

"The Center for Hope has changed my life. They were instrumental in teaching me to be a good mother, live life without abusing substances, and educating me on how to locate and utilize programs for housing, education, and mental health. Today I am proud to say that I am a productive member of society. I have stable housing, a great career, and my children are living a life free from the damages of addiction, crime, and neglect."

About Community Bridges

The Center for Hope is a program of Community Bridges, Inc. The organization was incorporated as a private non-profit, 501(c)(3) organization in 1982 to provide the highest quality clinical treatment, community development, family preservation, prevention, and education services. Our programs are dedicated to assisting the community in reducing crime, lowering health care costs, decreasing dependence on welfare and minimizing "revolving door" use of scarce public services.

Community Bridges has a 26 year history providing substance abuse Prevention, Education and Treatment services using cutting edge, nationally recognized treatment models. During this time period, over 500,000 individuals have received substance abuse treatment.

Visit our website for more program information and resources at www.communitybridgesaz.org, or give us a call at 480-461-1711.



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New Programs Open at Community Bridges in 2008

Rural Community Stabilization and Recovery Units

Community Bridges is now operating two Stabilization and Recovery Units (SRU) located in Payson and Globe, Arizona. The primary function of these facilities are to provide triage, stabilization and short term recovery services to individuals who present having had used a mind altering substance within the last 7-days. For those who begin to exhibit signs and symptoms of physical withdrawal, or have a history of complications during withdrawal, they may be transferred to a medical detoxification facility for care.

If individuals are not experiencing any current physical withdrawal symptoms he or she may remain at the SRU for a period lasting between 24-hours and 6 days. During this "social detoxification" period the patient will continue to be monitored by an EMT to ensure medical stability and will be offered the opportunity to enroll in our outpatient program that is specific to early recovery and the development of a Relapse Prevention Plan. Peer Support Specialists work with each patient to develop a Relapse Prevention Plan and when the patient is determine to be a medium to low level of risk, they will be discharged from the SRU for continuing care as defined by their individualized discharge plan.

For more information about these programs visit our website at www.communitybridgesaz.org or call:

- Globe Stabilization and Recovery Unit, 928-425-2415
- Payson Stabilization and Recovery Unit, 928-468-0022

Coming In 2009

In January, Community Bridges will be relocating Outpatient Services to Gilbert. The new facility will offer criminal justice outpatient programs, young adult opioid specific treatment, standard and intensive outpatient programs, and methamphetamine specific treatment. 1550 W. Stonehenge Drive, Gilbert, AZ 480-962-7922.

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